

YOUNG ADULT CO-ED GROUP

8 WEEK COMMITMENT



VIRTUAL GROUP STARTING WEDNESDAYS APRIL 21ST 7PM-8:30PM

Being a young adult can be exciting and scary. The world tells you to be an adult and yet "adulting" carries many challenges to navigate. Through this group, we will explore various ways to manage common hurdles that come with independent living, new environments and uncertain times through Acceptance and Commitment Therapy (ACT). Whether you are feeling stuck, struggling with "what's next", not having meaning or purpose, feeling isolated due to COVID, or wanting more meaningful relationships, this group can show you how to not only survive this transition but thrive in every area of your life! Let us begin to explore what that looks like alongside others who understand!

Group will be lead by clinical therapist Michelle Grunkemeyer, trained and experienced in using ACT.

Cost: \$75 per group with an 8 week commitment
*limited financial assistance available

Contact:
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